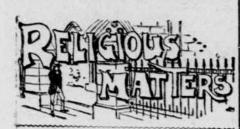


SATURDAY,DECEMBER 31, 1904



LOOKING UP.

Whence cometh my help "-Ps. 21:1.) Whene'er depression fills thy heart

And grief has stolen peace.

Lift to the hills thine anxious eyes,
And every fear will cease.

And every fear will cease.

When cares are thronging wearily
About thee, day by day.

Lift up thine eyes unto the hills.

And cares will fall away.

Whene'er the sunlight of thy day
By clouds is hid from sight.

Unto the hills thine eyes shall turn.

Their majesty and might

Will give the knowledge of His strength
Who watches over thee.

Who watches over thee

And thou wilt hear the ender voice
Which whispers—"Trust in Me."

And trusting Him, poor troubled soul,
What need to worry more?

For since He does the burden bear,
Its weight for thee is o'er.

Lift up thine eyes' Lift up thine eyes Unto the hills each day, Christ's love is shining steadily. And clouds must face : way.
--Mary D. Brine, in Christian Work.

THE GLAD HEART.

It Makes the Burdens Lighter and Quickens and Intensifies the Abilities.

"The true hand drives a truer nath.

The glad heart sews a longer seam."

If you want to do work easily, get a gay, glad heart. You know how hard it is to do anything, how the lessons drag, how the tasks seem to pile up, when you feel a little sad or unhappy. On the contrary, any of us can remember times when the work in hand fairly flew, because our hearts were so glad about something that the fingers had to keep time to their joyous beat-

But my thought to-day is as to the excellence of the work done, rather than the ease or rapidity of the performance. Good work is almost always joyous. Heart sunshine gets into the painter's colors and b lattens all the dull, dead pigments. By and by people get to talking about it. "The canvas glows and throbs with the life mirable achievement through atten pulse of genius!" The life pulse of love and happiness, rather. The painter has told nobody, but they found it many a man, once in very humble out, those careless onlookers. They knew his heart was gay as he painted of success by successive rounds of efin that trudging berry-picker, those fort, until at last perhaps the whole sheep and cattle feeding in the mead-Might he not have painted the same thing in a trouble-filled house, with new griefs knocking at the door? No, not that same thing. Something must have been lost out, some sad thing have crept in. Our mood gets into everything, whether it is shutting a door or making a picture or

So, then, for the sake of the good that we can do, let us shut the door on the whole sulling, frowning crew of ugly feelings, and call in the good little brownies of g adness and good will. They will work while we are sleeping. We shall walle to find that happy thoughts have neiselessly cleared away our troubles overnight, and fresh light will seem to be poured on the old problems, "bright ideas" find some swift, sure way through all the tangles. Brigat, clear, outlooking eyes see bet ter than tear-dimmed ones. Every sad and gloomy moment is a waste of power,

But can anyone be always glad? He can always keep the attitude of gladness. He can hold his joy-cup right side up, so as to catch any drop of gladness. Eyes and lips can learn to smile so easily that little pleasures move them. It is a matter of habit and training, quite as much as of natural temperament, or even of circumstances. That being the case, do not some of us need to make we are known until by and by. But, us other habits and start in on a new course of training? Not because we shall be happier, more peaceful, richer every way-that is all true, but it is not and Jesus Christ, the Sufferer, who the reason. The real motive ought to be that we shall be stronger for our should die, stands up to intercede for work in the world, whatever it is. "Be strong; be strong!"-how the Bible the almighty and ineffable benefactor echoes with the inspiring command! And it adds, also, by way of explanation: "The joy o the Lord is your strength." -Anna Frances Burnham, in Pittsburg Christian Advocate.

THE POWER OF LOVE.

You cannot get fat feeding on fog. There are no losses in loans of love. Every loveless day is worse than

Love is the evidence of having learned of Him.

Good cheer puts love's gifts into caskets of gold.

Love is the light that shines farther

Love is the only voice that can preach loud enough to reach the heart. The pleasure of resisting evil is greater than the pleasure of yielding to it .-

What would you think of a lover who stayed away on account of the eliciting from it that feature of heart weather? Yet we say we love the

Lord .- Ram's Horn Our love must make long marches, and our prayers must have a wide sweep. We must embrace the whole world in our intercessions .- C. H.

The way to broaden love is to deepen it. Jesus loved His disciples more, not less, became of the inner circle of

the four and his special joy in the companionship of John. Selfish love is shallow but not wide. As our affection breaks through to perfect love of God it will break forth to purer and more fervent love of all God's crea-

STAND BY!

Nautical Phrase Which Brings Its Message and Its Lesson to the Christian.

The lingo of the sailors, which smacks of the salt sea and the vasty deep, contains many short and suggestive phrases, which in a figurative way may have a meaning and an application for landsmen. Among the terse commands which often ring out from the quarter deck is the familiar order: "Stand by!" These two little words "stand by" are usually introductory to some special piece of work. Sometimes it is: Stand by to heave the lead!" sometimes: "Stand by to loose the to'-gallant sails!" and again: "Stand by" to get the cutter aboard!" or: "Stand by the main sheet!"

The phrase as used by the men of the sea, who have no time to lose in roundabout expressions, means to keep near to a post of duty and to maintain oneself in a state of attention, ready to execute a piece of important work without de ay and without a miss as soon as the next order comes. There is also another familiar application of these words among seamen, as when the captain of one ship "stands by" another vessel in distress, keeping near it on the high seas so long as danger threatens, ready at a moment's notice to render needed assistance.

In life at large there is constant need of "standing by" to do the thing that is duty or to offer the succor that is required by some suffering or perishing soul, says Rev. Charles A. S. Dwight, in New York Observer. To "stand by is to be alert and attentive to the duty of the moment. A captain would make short work of a sailor who while on watch should remain star-gazing, or should take a nap in the long boat, while sharp, quick orders were being given on the execution of which might depend the safety of the ship and its passengers. So on land as well as at sea eternal vigilance-a constant watchfulness for the chance to do or dare-is the price of success and fame. Not aloofness but alertness is the characteristic of the successful man. The scholar who "stands by"

mark and ponder the instructions of a teacher, the clerk who "stands by" to catch and execute the request of customer, or the order of his em ployer, the conductor who "stands by" to read carefully and obey the tele gram from the train-dispatcher, the watchman who "stands by" to guard valuable property from loss by fire or theft, the doctor who "stands by" the bedside of the sick to save a still more valuable life, the statesman who "stands by" his desk at the nation's capital to follow with close thought the latest developments in world-wide politics, all afford illustrations of adtion to the task of the hour. By thus "standing by" to do the next thing circumstances, has climbed the ladder world knows his name and holds him one opportunity im proved leads to another, and one duty done affords the basis for a bigger and braver doing thereafter

The Christian is a man who "stands by" to hear what God may have to say to him, and to execute the Divine commands as they come. "Standing by" is after all but the modern colloquial paraphrase of the familiar injunction: "Watch and pray!" The Christian is perpetually on guard, ready alike for defense and for advance against evil. Life is crowded with golden opportunities of service for God and man. Heed the call of the Great Captain when He commands: "Attention!"-"stand by" to serve as occasion offers and Providence points the way.

CHRIST OUR COMFORTER.

The Ministry of Suffering Is One of Discipline and Preparation for Service.

Suffering may be a rod to chastise. It may be a scepter to empower. All suffering is in the hands of the Sufferer. It is a dispensation, made up of many parts; and it is mysterious because we know only a part of it. We see only in part. We shall not know as after all, we are told that God presides over nature, and over providence and over grace, as a loving Father: gave Himself rather than that men us; and the Holy Spirit is set forth as We are carrying on our life under the presiding counsels of a God who knows what suffering is good for, and what it can do. There is a heart of the universe that is warm with love, and that beats above you with infinite sympathy. You have not a God who has no impulse to praise. And even when He blames, He comforts and consoles you as no mother ever comforted and consoled her weeping child-if you will.

The difficulties, trials and temptations of every kind in this mortal life really drive us up into the higher elements of our nature, practice us in them, make us more sanctified men, veterans as distinguished from militia untried in the field, old men of wisdom and experience as compared with young men just coming into the trial of life.-H. W. Beecher.

The true Christian studies the happy art of making the most of every one with whom he is thrown in contact, of recognizing in each soul and of and mind in which stands the relationship of that particular soul to God. It is this true self of our neighbor which we are required to love.-Edward M. Goulbern.

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In spite of politicians' sins,
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button up your jacket?" "The idea!" exclaimed the wife. "Why, if I did that no one would know it is lined with fur."-Chicago News.



Mrs. Dockett—You'll miss half the fun if you don't take us with you.

Mr. Dockett—But I'll miss the other half if I do.—Tattler.

Mr. Dockett—But I'll miss the other half if I do.—Tattler.

Mr. Dockett—But I'll miss the other half if I do.—Tattler.

Mr. Dockett—But I'll miss the other half if I do.—Tattler.

The Quarter-Back.

He cost occlege bound to make A read then on history's goiden page And then on history's goiden page. He writes it with his feet.

—Judge.

Not Catching.

Rosle—I wonder if it is true that one is likely to catch something from being kissed?

Mand—Of course not. You've been kissed enough, but you haven't caught anything yet, have you?—Chicago Journal.

An Osculatory Pose.

"I hear Jack Nervey was seen kissing you out on the golf links."

"Yes, he took a mean advantage of me, when I couldn't defend myself. He did it just as I was posed to hit the ball.—Kansas City Star.

Higher Climb.

Pat—Begorra, they have increased ther hod-carriers' scale!

Bridget—Yez don't mane it?

Pat—Yis, they have to climb up twinty stories now instead of three an' four—Chicago Journal.

A Great Loss.

The New Cook—What time do you have breakfast?

Mrs. Highblower—At 7:30.

"Well, O'im sorry Oi can't be wid ye.—Smart Set.

Ups and Downs.

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To get the server on other inches they now so as the soil of the bull-ness clear and devoid of all obstacles.

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To get the server of them.

"To get the server on the time the another of the possibility to most of them. And yet file can be done and by consul

realization.

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